
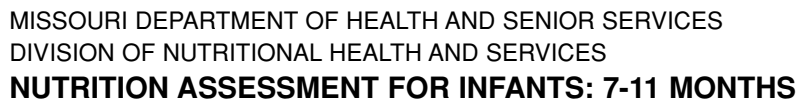




MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
DIVISION OF NUTRITIONAL HEALTH AND SERVICES

NUTRITION ASSESSMENT FOR INFANTS: BIRTH THROUGH 6 MONTHS

DATE		NAME OF INFANT		AGE		If goal is <u>NOT</u> met check box	
✓ Check all feeding type(s) that apply: <input type="checkbox"/> Breastfeeding <input type="checkbox"/> Breastmilk <input type="checkbox"/> Formula If formula, what kind: _____ How is it mixed? _____				ASSESSMENT COMPONENTS (assess for patterns) <i>The American Academy of Pediatrics recommends exclusive breastfeeding from birth to 6 months.</i>		<input type="checkbox"/> 0-3 mo.	<input type="checkbox"/> 4-6 mo.
LIST ALL FEEDINGS IN 24 HOURS				1	Breastmilk, iron-fortified formula, and/or low iron formula with appropriate iron supplement. Appropriate amount for age.		
Time	Feeding/Food	Length of BF OR Amt of Formula		2	No inappropriate foods (i.e. solids, juice) before 4 months.		
				3	4-6 months: cereal, vegetable and/or fruits fed, use a spoon		
				4	4-6 months: nutritious foods and appropriate beverage fed, of appropriate consistency & amount. No honey.		
				5	Hours between breast and/or formula feedings: 0-2 mos.: 1- 3 hrs. 2-3 mos.: 2-4 hrs. 4-6 mos.: 3-4 hrs.		
				6	Number of breast and/or formula feedings in 24 hours: 0-2 mos.: 8-12 times 2-3 mos.: 6-10 times 4-6 mos.: 6-8 times (Additional feedings may or may not be appropriate; evaluate other parameters.)		
				7	Extra water, <i>when given</i> , does not exceed 4-8 oz. per day when started on solid foods or in hot weather for formula-fed or partially breastfed infants. (Extra water is generally not recommended for infants under 6 months of age or for the exclusively breastfed infant.)		
				8	Use a cup for liquids (other than breastmilk/formula).		
				9	Baby held for all bottle feedings.		
				10	Mix formula according to physician's or manufacturer's directions		
				11	Safe water supply or boiled water used. Washes hands. Leftovers are thrown out. Breastmilk stored at room temperature no more than 4 hours; refrigerated breastmilk used within 5 days. Prepared or mixed formula stored at room temperature for no more than 2 hours, refrigerated formula used in less than 48 hours or as specified by manufacturer.		
				12	Wet diapers - at least 6 in 24 hrs. Stools - 0-6 weeks: 2-5 in 24 hrs. After 6 weeks: Daily to weekly (Less frequent stooling needs further assessment.)		
		Total oz. Breastmilk/Formula:	Total Number of Times BF:	13	For infants fed at the breast: Tummy to tummy, mouth opens wide, mouth nearly covers areola, chin/nose to breast, lips curved outward, Mom hears swallowing.		
Optional: Assessment of overall feeding practices							
How do you know if your baby is hungry? _____ (Watch for hunger cues. Baby brings hands to mouth, roots for breast, moves tongue & mouth (smacking sounds), hands clenched in fists, crying is a late cue.)							
How do you know if your baby is full? _____ (Baby pushes breast (bottle) out of mouth, turns head away from breast (bottle), has relaxed mouth & hands. Length of breastfeedings do not need to be restricted.)							
Color of stool? _____ Breastfeeding: yellow Formula: yellowish/greenish/brownish							
For infants receiving no breastfeeding or breastmilk, average amounts of daily formula intake are listed: 0-1 month: 20-24 oz. 1-2 months: 24-28 oz. 2-3 months: 28-30 oz. 3-4 months: 30-33 oz. 4-7 months: 32-34 oz.							
STAFF SIGNATURE				TITLE		DATE	
							

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